

ALOHA KUPUNEHANA

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inside this issue

<i>SENIOR VOLUNTEERS ENJOY THE HAWAII CONVENTION CENTER</i>	1
<i>NEWS FROM HAWAII MEALS ON WHEELS</i>	4
<i>MAKING THE BUS YOUR PERSONAL CARRIER</i>	5
<i>MAY I ASSIST YOU? (Oahu Transit Services, Inc.)</i>	6
<i>ARE YOU & YOUR SPECIAL SOMEONE PROTECTED AGAINST LIFE-THREATENING PNEUMONIA?</i>	7
<i>SURFING THE AGING NETWORK.COM</i>	8
<i>GETTING READY FOR MOTHER NATURE</i>	8
<i>“HOW CAN I REMEMBER BETTER?”</i>	9
<i>CALENDAR OF EVENTS</i>	10

SENIOR VOLUNTEERS ENJOY THE HAWAII CONVENTION CENTER

The Kalakaua Ballroom of the Hawaii Convention Center was the elegant setting for the 35th Mayor’s Senior Recognition Program on April 17, 2001. Mayor Jeremy Harris

congratulated and thanked the 72 senior honorees before an audience of more than 1,400 elected officials, family and friends. This year, Hawaii Medical Service Association gave major financial support to the program and sponsored awards in the Akamai Living Lifetime Achievement categories. The popular husband and wife team of Kirk Matthews and Linda Coble hosted the program.

Lily Canas and Philip Ritch were named the 2001 Outstanding Senior Female and Male Volunteers. Other outstanding volunteers recognized were George Lum, Platinum Akamai Living Award Winner,



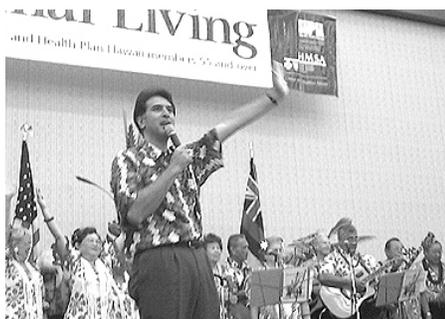
The Aloha Kupuna entertained with spirited song and hula. (Top): Program cover showcasing the Hawaii Convention Center and Mayor Jeremy Harris with the 2000 Winners, Betsy Miyahira and Ralph DeMars.

Gold Award Winners Betty Ching and Edward Ah Yat, and Silver Award Winners Tilton Morse and Philomena Racuya. John Kekawa, Sr. and Bernice Oshita were recognized as Bronze Akamai Living Award Winners.

The theme of the program, “Celebrating the International Year of Volunteers,” joined residents of the City and County of Honolulu with billions worldwide who are observing the United Nations General Assembly declaration naming 2001 as a year to honor volunteers and acknowledge their invaluable contributions to their communities.

Continued on page 2

Polynesian Cultural Center staff warmly welcomed attendees as they entered the beautiful Convention Center. "Aloha Kupuna" provided spirited entertainment outside the Kalakaua ballroom while the Royal Hawaiian Band greeted the audience as they walked in. During the program, the "Koolau Seniors" entertained with hula and song, and door prizes were distributed to an appreciative audience. Kamehameha School Senior Crystal Mateo sang a tribute to the Outstanding Seniors and all volunteers to conclude the program. After the program, potted plants were given by the City and County of Honolulu and Mayor Harris to thank volunteers for helping to make Honolulu a better place to live. Many lingered to stroll through the Convention Center to enjoy the plants, flowers and artwork. The Honolulu Committee on Aging, which advises the Mayor and the Honolulu Elderly Affairs on programs and services to support persons 60 and older, sponsored the event.



Radio Personality Brickwood Galuteria welcomes guests at entertainment portion of program.



2001 Outstanding Senior Volunteers

MALE

Phillip E. Ritch



The American Association of Retired Persons Windward Chapter has benefited from Phillip's service as Treasurer, Vice President and President for an estimated 8,950 hours since 1985. He was the Kalama Beach Club treasurer for many years, and has devoted innumerable hours to painting, carpentry and cleanup at the club.

As a Kailua Seniors member, he has served food, done repairs and setup for special events. He has willingly taken leadership positions for the Kokokahi Sailing Club and American Society of Safety Engineers. He is a person of many talents: a responsible leader who gives unselfishly to his community, family and friends.

FEMALE

Lily S. Canas



Lily's nomination records a willingness to do whatever is needed. She has given time to the Olaloa Retirement Community to: shop for others, take neighbors to the bank, post office or doctor's appointments, help with parties, start and staff the thrift shop, take Board leadership positions, successfully push for a bus stop installation and be on call for her neighbors. She has been active on the Mililani Vision Team, Neighborhood Board and Central Oahu Regional Park committee. When asked why she volunteers, she replied, "... (T)o be an example. When they see an 85 year old jumping around, they say, "I can do that, too."



2001 Senior Akamai Living Lifetime Achievement Award Winners

PLATINUM

George T.Y. Lum



George has been a mainstay of the SAGE PLUS program since it began

in 1998. He possesses a wealth of knowledge about Medicare, Medicaid, Long Term Care insurance and related health insurance products. For a year while the program had no director, he led the volunteers by chairing meetings, providing training and being a link to community groups. The Camp Erdman YMCA Board of Managers, Chinese Chamber of Commerce, Palolo Chinese Home and Community Church of Honolulu are all beneficiaries of his giving and serving spirit.

GOLD

Edward Ah Yat



Edward has faithfully served the Lanakila Senior Center as treasurer, president,

and installation officer for several cultural clubs, a Participant Advisory Board leader and a member of the Senior Prom Committee. With his music group, he has entertained at nursing homes and greeted airport arrivals. For many years he was a faithful caregiver to his wife, and continues his caregiving duties for his disabled son.

GOLD

Betty K.L. Ching



Betty has given thousands of volunteer hours to her McKinley High School

Reunion Committee and Alumni Association as a recording secretary, and to the Pearl Harbor Naval Supply Center and Toastmistress Club. She has been exceptionally valuable at Lanakila Senior Center as a receptionist, president, and secretary of various committees. She has also represented her clubs on the Center's Program Committee and Participant Advisory Board.

SILVER

Tilton Morse



Tilton has volunteered many hours to Alu Like, Waimanalo Lions and the Wai-

manalo Canoe Club. He is devoted to honoring and perpetuating the art of canoe building and the sport of canoe racing. He contributes to the safety and vitality of the community as a food distributor, neighborhood watcher and cleanup volunteer.

SILVER

Philomena Racuya



Philomena has been a leader for her clubs, Ana Malia Young Ladies Institute and Na Pali

Senior Citizens, and participated in numerous fundraisers for community organizations. With Na Mele Manu Music Group, she entertains patients. She has been a dependable volunteer for intergenerational projects, and a willing participant in neighborhood cleanup projects.



Mayor Jeremy Harris and EAD staff member, Eugene Fujioka, distribute potted ferns to program ATTENDEES.



2001 Senior Akamai Living Lifetime Achievement Award Winners

BRONZE

John A. Kekawa, Sr.



John volunteers for Alu Like, Waimanalo Seniors, Senior Patrol and his church. He helps Alu Like with setup and cleanup, entertains at care homes and delivers meals. He is a master crafter of seed jewelry. He is a kind and generous person who drops everything to help the needy.

BRONZE

Bernice N. Oshita



Bernice is a tireless volunteer: Just a few that receive her gift of time are the Moanalua Senior Citizens Club, Red Cross, The Moanalua Gardens Missionary Church, Iolani School Grandparents Ohana and the Iwakuni Dance Group. She shares her talents by teaching dance, making gifts, and cultivating flowers and gardens.



Left: Honolulu Committee on Aging members, Bette Larrabee & Gloria Tamashiro, welcome invited guests with buttons and programs.

Hosts, Kirk Matthews & Linda Coble (at podium), read accomplishments of winner. Awaiting the winners on stage are: (L-R) HCOA member Charlie Clark, Mayor Jeremy Harris and HMSA Senior Vice President, Cliff Cisco.

Kamehameha School Senior, Crystal Mateo, sang a tribute to the Outstanding Seniors.



NEWS FROM HAWAII MEALS ON WHEELS

By Diane Terada, Executive Director

The following officers and board members were recently elected to lead Hawaii Meals on Wheels: President: Edward Cruickshank, Director of Marketing for Arcadia Retirement Residence; Vice President: Thomas Mahoney, retired bank executive; Secretary: Renee Shima Evans, former bank manager; Treasurer: Michael Warren, Manager, The Estate of James Campbell; Incoming Board of Directors: James Evans, Renee Evans and Diane Murayama.

Hawaii Meals on Wheels, Inc. is a private, nonprofit 501 (c)(3) organization that recruits volunteers to deliver hot meals and provide human contact for

homebound elderly and disabled individuals. In 2000, volunteers delivered over 39,000 meals for over 400 homebound individuals. These volunteers made it possible for many elderly and disabled individuals to remain in their own homes and avoid institutionalization.

Hawaii Meals on Wheels needs volunteers to deliver hot meals to homebound elderly and disabled individuals in communities from Kalihi to Hawaii Kai and Kaneohe. To be a Hawaii Meals on Wheels volunteer, you must:

- **Be a safe driver with a car with valid driver's license**

and car insurance

- **Be available one day a week, Monday through Friday**
- **Be available for a two hour delivery period (10:30 a.m.- 12:30 p.m. for lunch or 4 p.m.- 6 p.m. for dinner)**
- **Be responsible, patient and friendly**

Additional routes are being opened in the next few months in order to meet an increasing demand for hot meals for the homebound. More volunteers are needed! For information about volunteer opportunities with Hawaii Meals on Wheels, call 988-6747.

Making The Bus Your Personal Carrier

By Tony Baccay



OTS Driving Instructor, Kimo Dickson straps Lois Bunin's scooter in tie-down area.

When Lois Bunin began using her motorized scooter, she was terrified of getting on the bus. However, through her involvement with the Committee on Accessible Transportation, she discovered that help was available for hundreds of people like herself who are afraid to get on the bus with a scooter because of past experiences or because they don't want to inconvenience the other passengers. "I found it was not as hard or as scary as I thought it was," Bunin said.

Kimo Dickson, a driving instructor with the Oahu Transit Service (OTS) added, "Lois had a smooth transition." He said that vendors often call OTS to make appointments for clients who use scooters and wheelchairs so they can be shown how to get on and off the different types of buses. Clients practice at the Middle Street depot until they are familiar and comfortable with the process.

Asked whether people in wheelchairs and scooters are mainstreaming into riding buses, Dickson said, "There's been an increase in number but we still need to get a lot more away from the Handi-Van." Lois added, "If more people on scooters could learn to take the

bus and once they know it is really a very simple, easy thing to do, then we can do a little bit more to work on having the Handi-Van more as an "on-time" vehicle."

City Councilman Duke Bainum, Chairman of the Transportation Committee, met with members of the Honolulu Committee on

Aging to discuss transportation concerns. With the graying of Hawaii, more elderly people are transitioning from driving cars

and are seeking other modes of transportation because they realize their eye sight may not be as good and their reflexes not as quick as they once were. "The obvious choice is the bus system," Bainum said.

"We have an excellent bus service and we need to emphasize that the bus system is elderly friendly." The training that Dickson and the OTS provide and the educational tools that are available is another step taken to make sure that the bus service will remain elderly friendly.

Bus drivers undergo extensive training in the American Disabilities Act (ADA) and what it requires of an ADA operator. They go through ADA classes that sensitize drivers about per-

sons with disabilities to help them understand that their needs are not overwhelming and, in most cases, are easy to accommodate. "A lot of people shy away from others with disabilities because of past prejudices in the way we were brought up," Dickson said.

Everyone has different needs. Some require the bus to lower its steps (kneel); others prefer the regular step level. "Customers should inform drivers as to the best way to aid in their disabilities," Dickson says. Although drivers try to anticipate the need, customers often

are offended when the drivers kneel the buses for those whom they feel cannot make it up the stairs. "Drivers need to be told what needs to be done," Dickson said. "If customers let the drivers know what they should do to help them with their particular kind of disability, it certainly would help." Lois Bunin is grateful for the



Lois Bunin (on scooter) poses with (L-R) Kimo Dickson, Councilman Duke Bainum and OTS Customer Service Rep. Lana Nedervelt.

training and the help she received from the OTS staff. "I thank them for their consideration and patience. Without their help, I would not be able to enjoy the bus service in this city."

For more information about the OTS or to schedule training on how to maneuver a scooter or wheelchair on the bus, contact Lana Nedervelt, OTS Customer Service, at **848-4500**.

May I assist you?

(Reprinted with permission by the Oahu Transit Services, Inc.)



I want to encourage persons with disabilities to come ride with us. Enjoy the new wheelchair-lift equipped buses.

I am one of more than 800 bus operators working who have received special training to assist you. I would like to answer some of your most asked questions about the new wheelchair-lift equipped buses.

TheBus

Q: Which buses have a wheelchair lift?



A: My bus will have the international accessibility symbol on the front right to let you know I'm wheelchair accessible. The symbol is repeated just to the left of my front door. Motorists behind me will see the symbol on the rear of my bus.

Q: How will I know my wheelchair type is O.K. for boarding?

A: We can take most wheelchairs as long as they fit on the platform and weigh less than 600 pounds total, wheelchair and person. The platform length is 48 inches and width is 38 inches. The wheelchair must have a free clearance of two inches above the platform and must be free from protruding parts such as footrests. Be sure your brake is working. We will do everything to assure your safety.

Q: Where do I board a wheelchair-lift bus?

A: There are designated wheelchair-lift bus stops on selected routes. The special bus stop looks like this (copy picture)



Q: What should I do if your wheelchair lift is not working?

A: If my lift does not work, I will call Central Control from my bus for instructions and then inform you what we must do next.

Q: How do I board?

A: I am ready to assist as soon as I see you at one of our designated wheelchair accessible bus stops. We can help each other at this point. Please:

1. Let me know you want to board by waiting for the bus four feet from the curb, near the bus stop sign.
2. After I lower the lift to ground level, roll either forwards or backwards onto the lift. Please don't bump or rock onto the lift. Secure your brakes and/or shut off the power to your wheelchair. Once you are secure, tell me you are ready to be raised. I will then power lift you aboard.
3. When you are safely in the bus, move to the wheelchair tie-down area. Please watch for other passengers and possible protruding objects. I will tie down your wheelchair. Keep your lap belt secured.
4. Finally, tell me where you want

to get off so I may be prepared to stop at that location.

Q: Am I really secured?

A: I will secure your chair with tie-down straps. The straps are put on the strongest points of both the front and rear of your chair. The lap/shoulder belt offers additional security and safety.

Q: How do I exit the bus?

A: I am ready to help you as soon as you are ready to exit. Again, we can help each other:

1. When you are ready, push the touch tape on the bus interior wall next to you to activate the "stop requested" signal when you want to get off.
2. I'll remove the straps from your wheelchair and make the lift ready for you to exit. Release your brake and move forward slowly onto the lift.
3. Set your brake and tell me when you are ready to be lowered. When the lift comes to a full stop, release your brake and proceed slowly off the lift. Please be careful as you move away from the bus.

Q: How can I try it?

A: Most experienced wheelchair riders tell me that at first they felt a little uneasy about using the lift. You are welcome to visit our Kalihi/Palama bus facility at 811 Middle Street for a personal demonstration. Please call Customer Services at **848-4500** to let us know you will be coming.

ARE YOU & YOUR SPECIAL SOMEONE PROTECTED AGAINST LIFE-THREATENING PNEUMONIA?

What vaccination can save lives and possibly keep you and your loved ones out of the hospital? A pneumonia shot! When you turn 65, give yourself a birthday gift—a pneumonia shot! Encourage those you love to do the same.

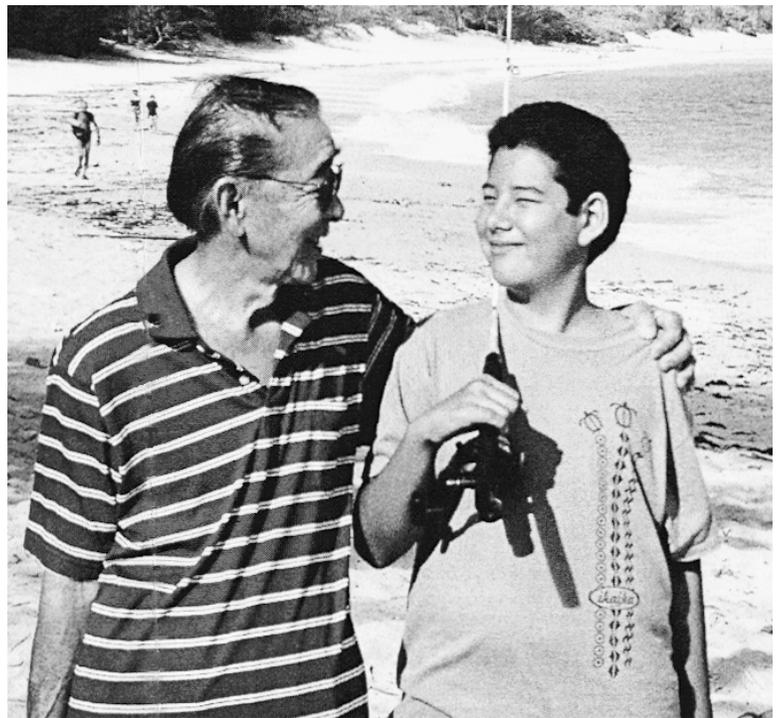
The pneumonia shot can help you avoid serious illness, hospitalization, and sometimes, even death. The Department of Health considers everyone over the age of 65 to be at high-risk of serious illness or death from pneumonia and recommends that anyone over age 65 get a pneumonia shot at least once in a lifetime.

What if I had the pneumonia shot before I turned 65? If you received a pneumonia shot before you turned 65 years of age, and it has been five years or more, you should get another shot. Talk with your doctor.

What if I cannot find my pneumonia shot record? If you are at least 65 years of age and do not have a record of ever having received the pneumonia shot, you should talk with your doctor to see if you need a shot. This shot can help prevent certain types of pneumococcal disease and may possibly keep you out of the hospital. At least half of the 40,000 deaths annually in the United States caused by pneumonia infections could be prevented if folks 65 and older would get their pneumonia shot.

The pneumonia shot can be given at any time during the year. And REMEMBER: If you have Medicare Part B— it's a free shot! (There may be a charge for an office visit. Ask your doctor.)

If you have questions about the pneumonia shot, call the Hawaii Immunization Program at **586-8332**. Neighbor Islands can call **1-800-933-4832**.



“My grandpa got his pneumonia shot . . . Did yours?”

Ask your doctor about the pneumonia shot
Or call the Department of Health at **586-8332**
1 (800) 933-4832 (Neighbor Islands)

Free for anyone with Medicare Part B

Love • Protect • Immunize

Agsaludsod iti doktoryo no kasano ti panagpabakuna para iti pulmonia.

Magtanong sa inyong doktor kung paano ang pagpabakuna para sa pulmonya.

かかりつけの医師に、肺炎の予防注射についてお尋ねください。

Hỏi bác sĩ của bạn về mũi chích ngừa bệnh viêm phổi cho bạn.

주치의께 폐렴 예방주사를 맞도록 문의 하십시오.

請向你的醫生查問有關打肺炎針之事

Fesili I lau fomai mo sou tui ole numonia.

Hawaii Pharmacists Association

HMSA



Mountain-Pacific
Quality Health Foundation



Surfing The AGING NETWORK.COM



By Tony Baccay

www.mothernature-hawaii.com

One-stop guide to help Hawaii residents prepare for the forces of Mother Nature. Site contains resources and valuable steps to raise public awareness about how to mitigate (reduce) property loss due to natural hazards and disasters.

www.seniors.gov Website maintained by the Social Security Administration. Site contains information on consumer protection, education & training, health, legislation, tax assistance, services, and retirement planner. Also contains links to federal agencies from Administration on Aging to Health and Human Services.

www.seniors-on-line.com Website helps seniors, age 50 plus, to enjoy the many benefits of personal computers and the internet with maximum ease and minimum expense.

www.ncpssm.org Update on Congress is published to keep advocates abreast of key health and retirement legislation and related events in Washington. Access the website for the latest news on Social Security and Medicare.

www.diabetes.org Everything you need to know from nutrition to exercise to who's at risk for diabetes. Log on to take a simple seven-question test to determine your risk of diabetes.



GETTING READY FOR MOTHER NATURE

(Reprinted with permission of Hawaiian Electric Company from the February 2001 edition of their Consumer Lines publication)



Even in our island paradise, we feel the wrath of Mother Nature. In fact, Hawaii faces threats from more natural disasters than any other state in the nation.

Whether they're earthquakes, droughts, floods, tsunamis, hurricanes, landslides, wildfires or coastal erosion risks, the Hawaii Statewide Hazard Mitigation Forum, a partnership between federal, state, and county agencies and the business sector, wants to make you more aware of the threats we face— and more importantly, what you can do to help reduce those risks.

Thinking of putting it off? Just consider this:

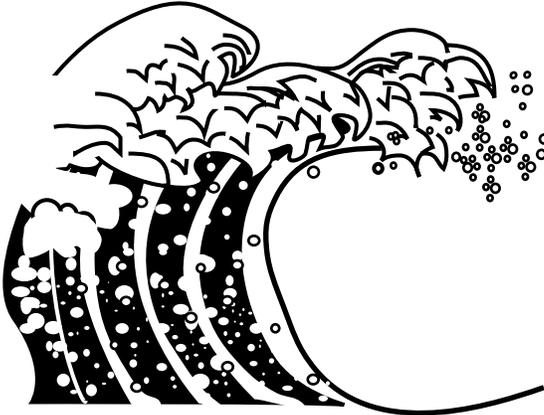
- The tsunamis of 1946 and 1960 killed more people than any disaster in Hawaii's history.
- In 1992, Hurricane Iniki resulted in over \$2 billion in damage to agriculture, homes, businesses and infrastructure.
- And most recently, the November

2000 floods on the Big Island caused over \$1 million in losses.

Here are just a few of the many steps you can take to reduce damage to your property or the

Continued on
page 9





risk of human hardship, injury or even death:

- Install hurricane clips and fasteners to your roof, brace gable ends and install storm shutters.



- Contract a licensed electrician to elevate your fuse box and utility meters above anticipated flood levels.



- To minimize flood risk, regularly remove debris from storm drains, gutters and your property in general.

- Combat droughts by installing water-saving showerheads or flow restrictors, or waiting until you have a full load before running your washing machine. You'll help save on your electric bill, too!



- Mitigate earthquake risk by securing propane tanks to

prevent them from falling and starting a fire.

- Even small steps can help prevent losses. For example, consider installing latches on cabinet doors to keep contents from falling and breaking or possibly injuring someone during an earthquake.

These are just a few of the many tips to help reduce your risk from natural disasters of all types. For other valuable steps and resources, check out the website at

www.mothernature-hawaii.com.

For more information, please call the Customer Assistance Office at **543-5670**.

‘HOW CAN I REMEMBER BETTER?’



By Eme Kim, Senior Market Planner - HMSA

Are you forgetful? Do you wonder if your memory can improve? Do you know the warning signs of Alzheimer's disease? If you want answers to these questions and more, come to the Akamai Living seminar on Saturday, June 23, 2001. Medical and educational experts will talk about the brain and how memory is affected by



your physical health. You'll also learn techniques to rejuvenate and enhance your memory.

Dr. Leo M. Maher, a neurologist, will talk about how the brain functions and diseases that affect the brain. Early detection for Alzheimer's disease through screening and treatment with medications will be discussed. He'll also explain why memory loss is not a normal part of aging process.

Leonie Walter, Ph.D., who teaches courses on Memory Rejuvenation at the University of Hawaii and the Kapiolani Women's Center, will explain the organic, electrical and chemical aspects of the human brain. Recent research findings about the brain and aging will be shared. She will teach exercises to assist you with everyday memory performance.

Marie Riley, M.A., who also teaches memory classes at University of Hawaii and Windward Community College, will speak about how breathing influences memory. She'll demonstrate breathing techniques that will enhance your memory.

This informative and fun seminar will be held at the Pikake Room of the Blaisdell Center from 9 a.m. to 12 noon. It's free to HMSA and Health Plan Hawaii members and all others pay \$5 at the door. Registration is required so call HMSA Customer Service at **948-6398** to reserve your seat.

CALENDAR OF EVENTS

June 2001

9 55-Alive Mature Driving Course. St. Francis Medical Center Liliha, 547-6410, June 9 & 16, 8:30 a.m.-12:30 p.m. Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

23 HMSA's Akamai Living Presents Memory Seminar: "How Can I Remember?" Saturday, June 23, 2001, 9 a.m.-12 noon, Blaisdell Center, Pikake Room. Learn more about the warning signs of Alzheimer's disease, learn exercises to assist you with everyday memory performance, learn breathing techniques to enhance your memory, and more. FREE to HMSA and Health Plan Hawaii members. All others pay \$5 at the door. For more information and to register, call 948-6398.

July 2001

7 55-Alive Mature Driving Course. St. Francis Medical Center Liliha, 547-6410, July 7 & 14, 8:30 a.m. - 12:30 p.m. □ Queens Medical Center, 547-4823, July 8 & 15, 9 a.m.- 1 p.m. □ Hawaiian Eye Center Wahiawa, 621-5400, July 9 & 16, 8:30 a.m.-12:30 p.m. □ Kapahulu Senior Center, 737-1748, July 14 & 21, 8:30 a.m.-12:30 p.m. □ Kaiser Medical Center Honolulu, 597-2260, July 24 & 31, 12 noon - 4 p.m. □ Sacred Hearts Church Waianae, 695-8196, July 25 & 26, 8:30 a.m.-12:30 p.m. Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

21 70th Anniversary Celebration of the Library for the Blind and Physically Handicapped, Saturday, July 21, 2001, 10 a.m.-3 p.m. in the library and adjacent parking lot. The

purpose of the celebration is to publicize the library and other community services to patrons as well as to family, friends and the community.

August 2001

4 55-Alive Mature Driving Course. St. Francis Medical Center Liliha, 547-6410, August 4 & 11, 8:30 a.m.-12:30 p.m. □ Lanakila Senior Center, 847-1322, August 22 & 24, 8 a.m.-12 noon □ St. Francis Medical Center West, 678-7208, August 23 & 24, 8:30 a.m.- 12:30 p.m. Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**.
Written contributions to the newsletter are welcomed.

JEREMY HARRIS, Mayor
City and County of Honolulu

